



REGISTER

To register, you need to be an unpaid carer and either you or the person you care for must live in Redbridge.

We also take referrals from professionals.

Visit www.rcss.org.uk to register



Scan to register



GET IN TOUCH

P: 020 8514 6251

E: office@rcss.org.uk

A: Redbridge Carers Support Service

12 Clements Court, Clements Lane,

Ilford, Essex IG1 2QY

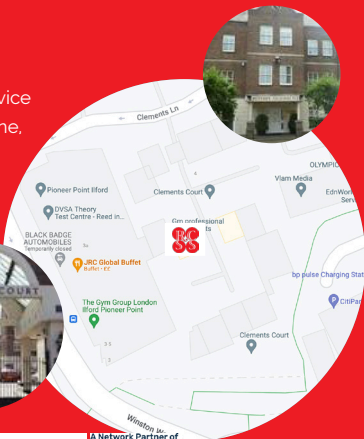
Open Monday - Friday 9am-5pm

Please call the office on 020 8514 6251 before attending.

www.rcss.org.uk



@redbridgecarers



REDBRIDGE CARERS SUPPORT SERVICE



A CHARITY SUPPORTING UNPAID CARERS SINCE 1994

Registered Charity number 1057505 Company limited by guarantee Company number 2959566



DO
YOU
CARE
FOR
SOMEONE
?



A carer is a person who provides unpaid care and support to someone who is ill, disabled, frail or elderly.

Carers can be mothers, fathers, sons, daughters, sisters, brothers, friends, relatives, spouses, partners or neighbours. A carer's role can often be stressful, demanding and time consuming, as well as physically tiring and mentally draining.

Knowing that services are available can help reduce many of the problems that carers have.

Our Mission

Redbridge Carers Support Service (RCSS) aims to make a positive difference to the lives of unpaid carers in the diverse communities of Redbridge by providing them with a range of services, support and recognition.

WE'RE
HERE
FOR
YOU

“When my husband was diagnosed, I was unsure about the future but I was pleased to receive details of local groups especially for carers.”

Mollie - Barkingside Support Group



“The information I have received by attending the monthly meetings; including from visiting speakers and hearing about the experiences of other carers, is invaluable.”

Doreen



LET US HELP

- Advice, information, guidance and signposting from our dedicated Community Support Officers - CSO
- Providing specialist support for carers aged 16+ in areas such as:
 - Emotional Support and Planning Ahead
 - Monthly support groups
 - Benefit Advice/Review
 - Mental Health, Dementia
 - Volunteer befriending services
 - Training & Self Development Support
 - Health and Wellbeing Activities
 - Keeping you in touch—Website, Newsletter, Social Media